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WHAT IS CLAIMED IS:

1. An optical information recording and reproducing apparatus for recording and reproducing information optically against recording material, comprising:

P1 means for generating a first light beam for reproducing and erasing information which is previously recorded in said recording material;

P1 means for providing a second light beam for recording new information into said recording material; and

P1 irradiation of said first light beam and said second light beam to an arbitrary particular point on said recording material being conducted in the order of said first light beam and subsequently said second light beam.

2. An optical information recording and reproducing apparatus as defined in claim 1, wherein the time interval between timing when said first light beam is irradiated to said particular point on said recording material to timing when said second light beam is irradiated to said particular point is equal to or larger than the sum of the coding time and decoding time of the digital information which is to be recorded and reproduced.

3. An optical information recording and reproducing apparatus as defined in claim 1, wherein said first light

beam is a light beam which is capable of heating said recording material up to Curie temperature required for erasing the recorded information, and the recorded information which is obtained directly before being erased by that the recording material is raised up to Curie temperature, is obtained as a reproduction output.

4. An optical information recording and reproducing apparatus as defined in claim 1, wherein said optical information recording material is an opto-magnetic recording material.

5. An optical information recording and reproducing apparatus as defined in claim 2, wherein said optical information recording material is an opto-magnetic recording material.

6. An optical information recording and reproducing apparatus as defined in claim 3, wherein said optical information recording material is an opto-magnetic recording material.

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Sub A* 7. An optical information recording and reproducing apparatus comprising: */a*

introduces a light beam onto an optical information recording material and takes out a reproduced signal from said optical information recording material;

means for applying a magnetic field whose polarity is in accordance with writing-in information to said recording material;

demodulation means for demodulating the reproduced signal reproduced by said optical head;

said light beam being made have no modulation and the level thereof being set at a level which gives a rise to above Curie temperature which is required for the writing-in at the writing-in operation; and

a signal reproduced from the recorded information by said optical head before rewriting which is obtained directly before the rewriting being demodulated and monitored.

8. An optical information recording and reproducing apparatus as defined in claim 7, wherein said optical information recording material is an opto-magnetic recording material.

9. An optical information recording and reproducing apparatus as defined in claim 7, wherein timecodes are recorded into said information recording material in the CD format and said demodulation means is a CD decoder.

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